



CONCORDIA COLLEGE NEW YORK'S  
WORLD OF RECIPES



*"Celebrating our diversity one recipe at a time"*



# Concordia's World of Recipes



# DRINKS

# COQUITO

## Coconut Eggnog (Puerto Rico)



### Ingredients:

- 1 (12 ounce) can evaporated milk
- 8 whole cloves
- 1 cinnamon stick
- 1 (2 inch long) piece ginger, peeled and sliced crosswise into ¼-inch thick rounds
- 1(15 ounce) can sweetened condensed milk
- 1 (13.5 ounce) can coconut milk
- ½ cup to 1 cup white rum
- 4 large egg yolks
- 1 teaspoon pure vanilla extract
- ¼ teaspoon ground cinnamon, plus additional for garnish
- 1/8 teaspoon freshly ground nutmeg, plus additional for garnish

### Directions:

1. Bring evaporated milk, cloves, cinnamon stick and ginger to boil over medium-high heat in a small saucepan. Remove from heat and steep for 30 minutes. Strain milk and discard solids. Cool to room temperature, about 20 minutes.
2. Place spiced milk, sweetened condensed milk, coconut milk, rum, egg yolks, vanilla cinnamon and nutmeg in blender and blend until fully combined and foamy, 1 to 2 minutes.
3. Serve Chilled and dust with additional cinnamon and nutmeg if desired.

# HIBISCUS DRINK

(Origin unknown)



## Ingredients:

Dried hibiscus leaves

Water

Sugar

1 liter of pineapple juice

Grated ginger

5-6 mint leaves

## Directions:

- 1) Put the hibiscus leaves in a large pot with your desired amount of water (the more the better). Bring to a boil. Strain and let cool down.
- 2) Once cooled, add desired amount of sugar, pineapple juice, mint leaves, and grated ginger.
- 3) Refrigerate until cold and serve with ice.
- 4) Enjoy!

# SORREL PUNCH

## (Jamaica)



Serves 6 to 8

### Ingredients:

8 cups water

6 ounces sorrel (dried hibiscus flowers)

5 ounces sliced fresh ginger

4 whole cloves

1 cinnamon stick

3 scrapes from a whole nutmeg (optional)

1 cup Jamaican white rum (optional)

1 to 1 1/2 cups simple syrup

Juice of 1 orange (about 1/2 cup)

1 teaspoon lime juice

Ice

Orange slices, for garnish

### Directions:

- 1) Bring the water to a boil in a large saucepan over high heat. Remove from the heat and add the sorrel, ginger, cloves, cinnamon, and nutmeg if using. Cover and let steep for 1 hour.
- 2) Pour the mixture through a fine-mesh strainer set over a bowl. Discard the dried sorrel and spices.
- 3) Add the rum, if using, simple syrup, orange juice, and lime juice to the strained mixture and stir to combine. Transfer to a pitcher or punch bowl filled with ice. Garnish with orange slices before serving in ice-filled cups.



**APPETIZERS**

**SOUPS**

**AND**

**SALADS**

# CHICKEN SATAY

## (Malaysia)



### Ingredients:

4 chicken legs and thighs (preferred) or 4 boneless and skinless chicken breasts

Bamboo skewers, soaked in cold water for 2 hours

1 cucumber, cut into small pieces

1 small onion, quartered

Oil, for basting

### Marinade:

3 tablespoons oil

2 stalks lemongrass, white parts only

2 cloves garlic, peeled

6 shallots, peeled

2 teaspoons turmeric powder

1 teaspoon coriander powder

1 teaspoon chili powder

1/2 tablespoon salt, or to taste

2 tablespoons sugar

### Directions:

Cut the chicken meat into small cubes. Blend the Marinade ingredients in a food processor. Add in a little water if needed. Marinate the chicken pieces for 6 hours or best overnight. Thread a few pieces of the chicken meat onto the bamboo skewers and grill for 2-3 minutes on each side until nicely charred. Baste and brush with some oil while grilling. Serve hot with the fresh cucumber pieces and onions.



# HERRING UNDER FUR COAT

## (Russia)



(serves 12)

### Ingredients:

Schmaltz herring fillets, totaling about 12 ounces

Milk for soaking

2 pounds russet potatoes, peeled, boiled until tender, and diced

12 ounces canned pickled beets, drained and diced

2 Granny Smith apples, grated

1 cup mayonnaise

2 carrots, peeled and grated

3 hard-boiled eggs, chopped

1 large onion, finely chopped

1 1/2 to 2 cups chopped fresh flat-leaf parsley

Slices of rye or pumpernickel bread for accompaniment

### Directions:

- 1) Place the herring in a large bowl and add milk to cover. Soak for 30 minutes in the refrigerator, then drain. Finely chop the herring and set aside.
- 2) In the center of a medium platter, arrange half of the potatoes into a circle about 8 inches in diameter. Top this with a layer of half the pickled beets and then a layer of half the apples. Spread a thin layer of mayonnaise over the apples. Add a layer of half the carrots, followed with a layer of half the eggs, a layer of half the onions, and finally all of the chopped herring.
- 3) Cover the herring with a layer of the remaining onions, followed by the remaining eggs, and then the remaining carrots. Spread a thin layer of mayonnaise over the carrots. Top this with a layer of the remaining apples, then the remaining pickled beets, and finally the remaining potatoes. Coat the entire salad with the remaining mayonnaise. Garnish the stacked salad with the parsley.
- 4) Cover loosely with plastic wrap and refrigerate several hours or overnight. Slice into wedges and serve with slices of rye or pumpernickel bread

# ITALIAN WEDDING SOUP

## (USA)



### Ingredients:

2 cloves garlic, peeled and finely minced

1/4 teaspoon dried, crushed red chile pepper flakes (or 1 small dried red peperoncino chile pepper, crushed)

6 cups meat broth (chicken, beef, or a mixture of the two -- homemade broth is, of course, far superior, but you can use canned to save time)

1 onion, peeled and chopped in half

1 carrot, peeled and cut into 3 large pieces

1 celery stalk, cut into 3 large pieces

4 fresh, sweet (non-spicy) Italian sausages, casing removed and discarded and sausage broken into small, 1-inch pieces

1 bunch broccoli rabe (rapini), washed and roughly chopped

1 head escarole or chicory, washed and roughly chopped

1/2 head Savoy cabbage, washed and roughly chopped

1 cup freshly grated Parmigiano-Reggiano or Pecorino Romano cheese (or a half-and-half mixture of both)

### Directions:

- 1) In a large, deep stockpot, heat the olive oil and garlic over medium heat until the garlic is just fragrant and very lightly colored, about 1 minute. Add the crushed red pepper and simmer for about 30 seconds.
- 2) Add the broth, onion, carrot, celery and sausage pieces, cover, lower the heat to low and simmer for about 20-30 minutes. (Note: If you happen to have any leftover Parmigiano-Reggiano rinds, these would be a great addition to enrich your broth!) Throw them in together with the onion, carrot, and celery.
- 3) Meanwhile, blanch the chopped greens in abundant salted boiling water, 1-2 minutes, then drain well. This eliminates the excess bitterness.
- 4) Remove the onion, carrot, and celery from the broth and discard (discard any cheese rinds at this point also, if you're using them). Transfer the blanched greens into the broth and let simmer for another 20-30 minutes, or until the greens are tender and the broth is rich and savory.
- 5) Serve with freshly grated cheese sprinkled on top and slices of grilled or toasted crusty bread. A white wine, such as a [Fiano](#) or [Greco di Tufo](#), would be a good pairing.

# KELEWELE

(Ghana)



## Ingredients:

4-6 plantains ripe but not past ripe, peeled and cut into bite-sized cubes

1-2 tsp Cayenne pepper or ½ teaspoon of red-pepper

½ tsp peeled grated fresh gingerroot

1 tsp salt

2 tbs water

Palm oil or vegetable oil to fry

## Directions:

1. Grate and mix ginger root, pepper, and salt in water.
2. Toss plantain and spice mixture together in a bowl.
3. Using a deep skillet, heat oil (it needs to be deep enough to allow plantains to float) to 350 degrees. Fry plantains, turning once, until golden brown on both sides.)
4. Drain plantains on paper towels and keep in warmed oven until all the plantains are fried.

## Recipe Notes:

\*Tip: Don't fry them all at once; they should not touch each other while frying.

# MATBUCHA

## (Israel)



### Ingredients:

- 2 red bell peppers
- 1 pound fresh tomatoes, any variety
- 2 tablespoons olive oil
- 2 long spicy peppers, any kind (jalapenos would work, but I use these long ones)
- 2 cloves garlic, chopped
- 1 tablespoon white wine
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 lemon
- 1/2 cup chopped cilantro

### Directions:

- 1) Put the peppers on a hot grill or directly on the flame of a gas burner. Rotate until charred on all sides. Transfer to a bowl and cover to let steam. When cool, peel and core the peppers.
- 2) Bring a small pot of water to a boil. Cut a thin x on the bottom of the tomatoes and plunge into boiling water for a minute. Remove with a slotted spoon and cool in water. When cool, peel skin.
- 3) Heat the oil in a frying pan. Roughly chop the tomatoes and both peppers, add them to the pan with the garlic and add wine, coriander, cumin, paprika and salt. Cook slowly stirring uncovered for about 20 minutes until most of the liquid is absorbed. Squeeze the lemon and sprinkle with cilantro. Enjoy.

# OHN NO KHAWK SWE

## Chicken coconut noodle soup (Myanmar, Burma)



### Ingredients:

- 3 tablespoons fish sauce
- 3 tablespoons soy sauce
- 1 tablespoon chopped garlic
- 2 tablespoons freshly grated ginger
- 2 teaspoons ground turmeric
- 2 pounds boneless chicken thighs or breasts, cut into 1 inch cubes
- 1/4 cup vegetable oil
- 2 cups chopped yellow onions
- 2 teaspoons ground paprika
- 5 cups (three 13 1/2 ounce cans) coconut milk
- 7 cups chicken stock
- 1/2 cup garbanzo bean flour
- 2 pounds fresh or 1 pound dried thin Chinese egg noodles

### ***For Garnish:***

- 6 hard boiled eggs, peeled and cut crosswise into 1/4 inch thick slices
- 4 tablespoons ground dried red chilies, pan roasted until fragrant
- 1 large sweet or red onion, halved, cut into thin crescents, and soaked in water
- 2 green onions, chopped
- 1 cup fresh cilantro
- 3 limes, quartered
- Fish sauce to taste

**Directions:**

- 1) In a medium bowl, whisk together the fish sauce, soy sauce, garlic, ginger, and turmeric. Mix in the chicken using your gloved hands.
- 2) In a large pot, drizzle oil over medium high heat. Once thoroughly heated and shimmering, add the onions. Cook, stirring often, until softened and translucent, about 3 minutes. Mix in the paprika, then the chicken with marinade. Cook, stirring often, until all sides of chicken are browned, 4-5 minutes. Stir in the coconut milk and chicken stock. Stir constantly and once it begins to boil, reduce heat to medium low. Cover and simmer, stirring occasionally, for 20 minutes.
- 3) In a small bowl, whisk the garbanzo bean flour with 1/2 cup warm water until smooth. Stir into the soup and bring to a boil. Continue to simmer over medium low heat until slightly thickened, 5-10 minutes. If too thin, add more garbanzo bean flour mixed with water. If too thick, add a little more water. Season with fish sauce or soy sauce to taste. Keep over low heat until ready to serve.
- 4) Bring a large pot of salted water to a boil. Add noodles and cook just until al dente, just tender. Drain and rinse with cold water. Drizzle a little oil and mix to keep the noodles from sticking.
- 5) Divide the noodles among serving bowls. Top with the chicken coconut soup. Garnish as desired with hard boiled eggs, red chili powder, soaked onions, cilantro, lime, and fish sauce. Serve immediately.

# PAO DE QUEIJO

## Cheese Puffs

### (Brazil)



#### Ingredients:

2 cups tapioca flour\*

1 cup milk

1/2 cup butter (or margarine)

1 teaspoon salt

1 1/2 cups grated Parmesan cheese

2 eggs

Tapioca Flour can be found at specialty markets such as Whole Foods or Asian markets and is also called manioc starch or tapioca starch.

#### Directions:

- 1) Preheat oven to 400 degrees F.
- 2) In the meantime, bring the milk, salt, and butter to a boil in a sauce pan while constantly stirring mixture.
- 3) Once boiling remove the mixture of milk, salt and butter from heat.
- 4) Slowly add tapioca flour, stirring constantly until thoroughly mixed
- 5) Add the cheese and eggs to mixture
- 6) Mix until smooth
- 7) Fill each mini muffin cup all the way up
- 8) Bake until golden brown, usually about 20 minutes Eat while hot. Cooked puffs can be stored, in the fridge as long as it's kept covered and then warmed up on a low setting in a toaster oven.



# ENTREES

# ARROZ CON POLLO

## Chicken and Rice (Columbia)



### Ingredients:

#### Chicken and Stock:

2 whole chicken breast, bone in and skin removed

1 scallion

½ white onion

2 garlic cloves

½ tablespoon ground cumin

½ tablespoon sazón Goya with azafrán

1 bay leaf

Salt and Pepper

#### Rice:

2 tablespoons olive oil

¼ cup chopped onion

1 garlic clove, minced

¼ cup chopped red bell pepper

¼ cup chopped green pepper

1 cup long-grain white rice

1 tablespoon tomato paste

1 chicken bouillon tablet

2 ½ cups chicken stock

½ tablespoon sazón goya with azafrán

¼ cup chopped fresh cilantro

½ cup frozen peas

½ cup frozen diced carrots

½ cup frozen diced green beans

**Directions:**

1. Place the chicken breast, 5 cups water and the remaining ingredients for the stock in a medium pot. Bring to a boil, cover and reduce the heat to medium low. Cook for 20 to 25 minutes. Turn the heat off and let the chicken rest in the pot for about 15 minutes covered. Let it cool, shred and set aside. Strain stock and measure 2 ½ cups and set aside.
2. In a medium pot, heat the olive oil over medium-high heat. Add the onions, green peppers, garlic and red bell pepper. Cook until the onions are translucent, about 4 to 5 minutes.
3. Add the rice, tomato paste, chicken bouillon and sazón goya. Stir until the rice is well coated about 3 minutes. Add the chicken stock and bring to a boil. Then reduce the heat to low. Cover and simmer for about 15 minutes. Add the peas, carrots and green beans and cook for an additional 7 minutes, add the shredded chicken and cilantro, mix well with a fork, cover and cook for 5 minutes more.
4. Serve and Enjoy!

# Bibim-Bap (South Korea)

*Bibimbap is bowl of warm rice topped with seasoned vegetables, and it is traditional Korean healthy food.*



Ingredients (Serves 2 people)

2-3 cup rice

60 grams carrot

2 leaf cabbage

6 leaf lettuce

2 sheets gim

2 eggs

2 cup soybean sprouts

4 shiitake mushrooms

1 teaspoon sesame seeds

1 teaspoon sesame oil

## Gochujang Sauce

4 teaspoons gochujang

2 teaspoon soy sources

2 teaspoon garlic

1 teaspoon sugar

1 teaspoon vinegar

1 teaspoon sesame oil

1 teaspoon sesame seeds

**Directions:**

1. Wash 2-3 cups of rice, put the rice in a thick cooker, add 1 cup of water and boil them.
2. Cut zucchini, carrots, shiitake mushrooms, cabbage, lettuce and gim into thin slices (Match stick size).
3. Add 1 teaspoon of sesame oil to frying pan on medium heat. Place in carrots and season with salt, then cook fast for 30-40 seconds to remove moisture and stay color vivid.
4. Repeat this pan-frying for the zucchini and mushrooms as well.
5. Place cooked rice in a deep bowl and add the prepare ingredients on top of the rice.
6. Fry an egg sunny-side-up in a frying pan and place it on top of the ingredients.
7. Mix all ingredients well and add seasoned gochujang before eating.

# BOBOTIE

## (South Africa)



### Ingredients:

1 fairly thick slice crustless bread (white or brown)

375 ml milk

25 ml oil

10ml butter

2 onions, sliced

2 cloves garlic, crushed

25 ml curry powder

10ml salt

25ml chutney

15ml smooth apricot jam

15ml Worcester sauce

5ml turmeric

25ml brown vinegar

1 kg raw mince

100 ml sultanas (don't replace with raisins – they are too sweet; sultanas are much better for this recipe)

3 eggs

pinch each salt and turmeric

bay leaves

**Directions:**

1. Soak bread in milk. Heat oil and butter in large pan and fry onions and garlic.
2. When onions are soft, add curry powder, salt, chutney, jam, Worcester sauce, turmeric and vinegar and mix well.
3. Drain and mash bread and reserve milk. Add bread to pan together with mince and sultanas.
4. Cook over low heat, stirring, and when meat loses its pinkness, remove from stove. Add 1 beaten egg, mix well, then spoon into a greased, 28 x 16 cm baking dish and level the top. Beat remaining eggs with reserved milk (you should have 300ml, or a little more) and the salt and turmeric.
5. Pour over meat mixture and put a few bay leaves on top. Stand dish in a larger pan of water (this is important to prevent drying out) and bake, uncovered, at 180 degrees celsius for 1 hour or until set.

Serve with rice, coconut, chutney, nuts and bananas.



# COQ AU VIN

## (France)



### Ingredients:

1/2 lb bacon slices  
20 peeled pearl onions, or 1 large yellow onion, sliced  
6 whole, skin-on chicken legs (with thighs attached), about 4 pounds (excess fat trimmed)  
6 garlic cloves, peeled  
Salt and pepper to taste  
2 cups chicken stock  
2 cups red wine (pinot noir, burgundy, or zinfandel)  
2 bay leaves  
Several fresh thyme sprigs  
Several fresh parsley sprigs  
1/2 lb button mushrooms, trimmed and sliced or quartered  
2 Tbsp butter  
Chopped fresh parsley for garnish

### Directions:

- 1) Blanch the bacon** to remove some of its saltiness. Drop the bacon into a saucepan of cold water, covered by a couple of inches. Bring to a boil, simmer for 5 minutes, drain. Rinse in cold water, pat dry with paper towels. Cut the bacon into 1 inch by 1/4-inch pieces.
- 2) Brown the bacon:** Heat a Dutch oven large enough to hold the chicken on medium high heat. Add the bacon pieces and cook them until browned. Use a slotted spoon to remove the cooked bacon and set aside.
- 3) Brown the chicken and onions:** Keep the bacon fat in the pan. Pat the chicken dry with paper towels and season all sides with salt and pepper.  
Working in batches if necessary, add the chicken, skin side down, to the hot pan. Brown the chicken well, on all sides, about 10 minutes.  
Add the onions and garlic and cook a few minutes more. Spoon off any excess fat from the pot.
- 4) Add chicken stock, wine, herbs, bacon, then simmer:** Add the chicken stock, wine, and herbs. Add back the bacon. Lower heat to a simmer. Cover and cook for 20 to 25 minutes, or until chicken is tender and cooked through. (A thermometer inserted into the thickest part of the chicken should register 165°F.)  
Remove chicken and onions to a separate platter. Remove the bay leaves, herb sprigs, garlic, and discard.
- 5) Make a sauce with mushrooms:** Add mushrooms to the remaining liquid and increase the heat to high. Boil quickly to reduce the liquid by three fourths until it becomes thick and saucy. Lower the heat, stir in the butter. Return the chicken and onions to the pan to reheat and coat with sauce. Add more salt and pepper to taste. Garnish with parsley and serve.

# OYAKODON

(Japan)



## Ingredients:

- 1 large chicken thigh, deboned, remove skin, cut into bite size
- 1 medium size yellow onion, thinly sliced
- 2 eggs, very lightly beaten
- 2 tablespoons mirin
- 1 tablespoon sake (I replaced with ryori sake, Japanese cooking rice wine)
- 1/2 cup dashi (I replaced with water and a dash of Thai fish sauce)
- 2 tablespoons soy sauce (I used Japanese soy sauce, Yamasa brand)
- 1/2 teaspoon sugar
- some spring onions, cut into 1" length
- 2 bowls of cooked rice

## Directions:

In a small frying pan, heat mirin and sake and bring to a boil. Add dashi, soya sauce and sugar, bring to a boil. Add onions, cook till soften, about 2 mins. Add chicken meat, leave to simmer for about 2 to 3 mins or until the chicken is cooked. Toss in the spring onions. Drizzle in the eggs, do not stir. Turn off the heat once the eggs is almost set. Place rice in a large serving bowl. Pour chicken and egg mixture over the rice. Serve with nori (optional).

# POT ROAST

## (USA)



### Ingredients:

- 1 cup apple cider
- 3 tbsp. tomato paste
- 2 tbsp. flour
- 2 tbsp. Worcestershire sauce
- kosher salt
- Pepper
- 3 medium potatoes (halved)
- 2 medium sweet potatoes (thickly sliced)
- 1 medium onion (quartered)
- 4 clove garlic
- 2 sprig fresh rosemary
- 1 bottom round roast or chuck roast

### Directions:

- 1) In a 5- to 6-quart slow cooker, whisk together the cider, tomato paste, flour, Worcestershire, and 1/4 teaspoon each salt and pepper. Add the potatoes, sweet potatoes, onion, garlic, and rosemary.
- 2) Season the roast with 1 teaspoon each salt and pepper and nestle among the vegetables. Cook, covered, until the meat is tender, 6 to 7 hours on high or 8 to 9 hours on low.
- 3) Transfer the roast to a cutting board and slice. Serve with the vegetables.

# SEARED TOFU BANH MI SANDWICHES

(Vietnam)



## Ingredients:

1 14oz. pkg. extra firm tofu  
olive oil, for the pan  
fresh baguette, sliced into sandwich sized portions  
good quality mayo, or vegan mayo  
a few sprigs of cilantro per sandwich  
sriracha, to taste

## Pickled veggies:

1 small daikon sliced into matchsticks  
2 small carrots, sliced into matchsticks  
½ a small cucumber, de-seeded & sliced into matchsticks  
½ jalapeño, thinly sliced  
¼ (or more) cup white wine vinegar  
¼ (or more) cup rice vinegar  
a few pinches of sugar  
a few pinches of salt

## Tofu marinade:

1 tablespoon olive oil  
2 tablespoons tamari (or soy sauce)  
juice of ½ lime + a little zest  
1 clove garlic, minced  
½ teaspoon minced ginger  
generous amounts of freshly cracked pepper

**Directions:**

1. Make ahead: Place thinly sliced daikon, carrots, cucumbers, and jalapeños in a medium jar with white wine vinegar, rice vinegar, sugar and salt. If the liquids don't cover the veggies, add about 2 tablespoons of water and more vinegar if necessary (the amount you need will depend on the size of your jar). Let chill for at least an hour, or store in the fridge for at least a week.
2. Drain tofu, slice it into approx. ½ inch slices. Place on a towel and gently pat dry to remove excess water.
3. In a small bowl, whisk together olive oil, tamari, lime, zest, garlic, ginger, and freshly cracked pepper.
4. Place tofu in a shallow pan and pour the marinade on top. Flip the tofu so that it coats (if it doesn't coat fully in your pan, add a bit more tamari until all tofu is coated). Let the tofu marinate for at least 15 minutes.
5. Heat a nonstick skillet to medium-high heat. Add a little oil to the pan and place tofu pieces with enough space between each so that they're not too crowded (you can cook them in batches). Let the tofu cook (without moving it around too much) for a few minutes per side until they're deeply golden brown and caramelized (almost blackened) around the edges. Remove from heat. Taste a little piece and add more salt & pepper if necessary.
6. Assemble sandwiches with mayo, tofu slices, pickled veggies, cilantro and serve with sriracha.

# SHANGHAI-STYLE BRAISED PORK BELLY

## (China)



### Ingredients:

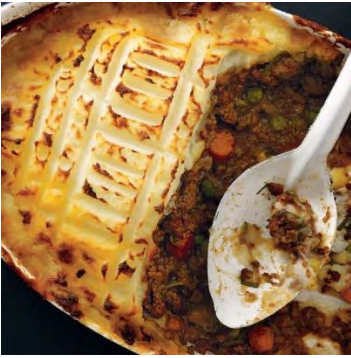
¾ lb. of lean pork belly (cut into ¾-inch thick pieces)  
2 tablespoons oil  
1 tablespoon sugar (rock sugar is preferred if you have it)  
3 tablespoons Chinese cooking wine  
1 tablespoon light soy sauce  
½ tablespoon dark soy sauce  
2 cups water

### Directions:

1. Bring a pot of water to a boil. Blanch the pork for a couple minutes. This gets rid of impurities and starts the cooking process. Take the pork out of the pot and set aside.
2. Over low heat, add oil and sugar to your wok. Melt the sugar slightly and add the pork. Raise the heat to medium and cook until the pork is lightly browned.
3. Turn the heat back down to low and add cooking wine, light soy sauce, dark soy sauce, and water. Cover and simmer for about 45 minutes to 1 hour until pork is fork tender. Every 5-10 minutes, stir to prevent burning and add more water if it gets too dry. Once the pork is fork tender, if there is still a lot of visible liquid, uncover the wok, turn up the heat, and stir continuously the sauce has reduced to a glistening coating.

# SHEPHERDS PIE

## (United Kingdom)



### Ingredients:

- 1 tablespoon vegetable oil
- 1 large onion, peeled and chopped
- 1 large carrot, peeled and chopped
- 1 pound ground lamb (or substitute half with another ground meat)
- 1 cup beef or chicken broth
- 1 tablespoon tomato paste
- 1 teaspoon chopped fresh or dry rosemary
- 1 tablespoon chopped Italian parsley
- 1 cup frozen peas
- 2 pounds russet potatoes, peeled and cut into chunks
- 6 tablespoons unsalted butter
- 1/2 cup milk (any fat content)
- Kosher salt to taste

### Directions:

- 1) Preheat oven to 375°F
- 2) In a large sauté pan over medium-high heat, heat the oil, then add the onion, carrot, and meat. Cook until browned, 8 to 10 minutes.
- 3) Drain the fat and add the broth, tomato paste, and herbs. Simmer until the juices thicken, about 10 minutes, then add the peas.
- 4) Pour the mixture into a 1 1/2-quart baking dish; set aside.
- 5) Meanwhile, bring the potatoes to a boil in salted water. Cook until tender, about 20 minutes; drain.
- 6) Mash the potatoes with the butter, milk, and salt.
- 7) Spread them over the meat mixture, then crosshatch the top with a fork.
- 8) Bake until golden, 30 to 35 minutes.



# SHRIMP CREOLE

## (Belize)



### Ingredients:

2 lb peeled & de-veined shrimp  
2 T olive oil  
2 onions  
2 bell peppers  
3 garlic cloves  
1 T oregano  
1 T basil  
1 8 oz can salsa casera  
juice from 2 limes  
1 T Belizean Recado: spice paste sold in balls, a.k.a. red achiote paste  
½ cup water  
1 t salt  
2 tomatoes

### Directions:

Chop onions and peppers finely. Lightly fry shrimp in a large skillet in olive oil, then add onions, peppers, minced garlic along with basil and oregano. Saute' until shrimp is almost done and veggies are a little soft. After a few minutes add salsa and lime juice and continue to cook. Next add Recado, diluted into the water. After everything has been going about 10 minutes add the salt and tomatoes sliced in to thin wedges. Continue cooking about 5 more minutes. Serve over coconut rice.

# SWEDISH MEATBALLS

(Sweden)



## Ingredients:

1 tablespoon butter  
3 tablespoons onions, grated  
 $\frac{1}{2}$  cup breadcrumbs  
1  $\frac{1}{2}$  cups milk  
 $\frac{1}{2}$  lb ground beef  
 $\frac{1}{2}$  lb ground pork  
 $\frac{1}{2}$  lb ground veal  
1 egg  
 $\frac{1}{8}$  teaspoon ground allspice  
 $\frac{1}{8}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon white pepper  
butter or oil

## Directions:

- 1) Melt butter in a skillet.
- 2) Saute onions in the butter until golden.
- 3) Soak the bread crumbs in the milk.
- 4) To the bread mixture, add the meats, egg, onion, allspice, salt, and pepper. Mix until a smooth texture is achieved.
- 5) Chill mix for an hour or so, to firm it up.

- 6) Form mix into meatballs, using 1-2 tablespoons of meat per ball. (these should be smaller than a golf ball). If you are making these on a warm day, you might want to chill the formed balls again, so that you don't get flat sides when you fry them.
- 7) Heat a large skillet over medium high heat.
- 8) Melt a small amount of butter (traditional) or oil in the pan.
- 9) Add enough meatballs to fill the pan very loosely.
- 10) Shake the pan as you fry the balls, to keep the round shape as they cook. Continue to cook until they are evenly brown on all sides.
- 11) Remove each batch to a warm platter in the oven, as you fry the rest.
- 12) If you wish to make the gravy, deglaze the pan with a little water after each batch, and reserve the resulting drippings in a bowl.

**For the gravy:.**

- 1) When all of the meatballs have been fried, mix the flour and cream (or milk), and add to the reserved pan drippings in the skillet.
- 2) Simmer for 10 minutes.
- 3) If the mixture is too thick, add a bit of cream (or milk) to thin, then taste and season with salt and/or pepper as needed.
- 4) Pour gravy over warm meatballs and serve with boiled potatoes and lingonberry sauce.

# Tachin

## (Iran)



### Ingredients:

#### For the Filling:

- 3 tablespoons unsalted butter
- ½ medium yellow onion, minced
- 1½ pounds boneless, skinless chicken thighs, cut into 1-inch pieces
- 3 tablespoons lemon juice
- 1 tablespoon salt
- 2 teaspoons dried orange peel
- ½ cup plain whole yogurt
- 1 egg

#### For the Rice:

- 3 cups basmati rice, rinsed
- 3 tablespoons kosher salt, divided
- 1 stick unsalted butter, melted, divided

#### For the Topping:

- 1 cup dried barberries
- Parsley leaves, for garnish

**Directions:**

1. Up to 24 hours before serving, make the filling: In a medium skillet, melt the butter over medium heat. Add the onions and cook until translucent, 2 to 3 minutes. Add the chicken and cook, stirring occasionally until opaque, 10 minutes. Add the lemon juice and salt, and cook, partially covered, over medium-low heat until cooked, 10 minutes more. Remove from the heat and let cool.
2. Meanwhile, in a small saucepan, add the dried orange peel and cover with 2 inches of water. Bring to a boil and cook for 2 minutes, then drain. Return the peel to the saucepan and cover again with 2 inches of water. Bring to a boil, then remove from the heat and let sit for 5 minutes. Drain and mince.
3. In a medium bowl, mix the minced orange peel with the yogurt. Add the cooled chicken and marinate in the refrigerator for at least 3 hours and up to 24 hours.
4. Meanwhile, prepare the rice: Preheat the oven to 375°. Two hours before the chicken is finished marinating, place the rice in a large bowl with 2 tablespoons of the salt and cover with water. Let the rice soak for 2 hours, then drain.
5. Bring a large pot of water to a boil over high heat and season with the remaining tablespoon of salt. Add the rice and cook until tender, but still chewy, 5 minutes, then drain.
6. Meanwhile, strain the chicken mixture of its marinade and reserve the marinating liquid in a medium bowl. Whisk in the egg until smooth. Add 3 cups of the cooked basmati rice and stir to coat.
7. Grease a nonstick, ovenproof 12-inch pot with 2 tablespoons of the melted butter. Lay the marinade-coated rice on the bottom of the pot and press the rice up the sides of the pot by 1½ inches. Distribute the chicken pieces over the rice, leaving a 1-inch border, then top with the remaining cooked rice. Drizzle the remaining melted butter over the top layer of rice.
8. Cover the pot tightly with a lid or foil and bake the rice for 45 minutes. Reduce the heat to 350° and bake for 45 minutes more.
9. Fill your sink with 2 inches of cold water and place the pot into the water for 5 minutes; this will help the rice release from the sides of pot. Remove from the sink and use a paring knife to separate the rice from the pot. Place a large plate or platter over the pot and invert the two so the *tahchin* falls onto the plate. Spoon the dried barberries on and around the *tahchin*, then garnish with parsley leaves and serve.

# THAI GREEN CURRY CHICKEN

## (Thailand)



### Ingredients:

- 3 tablespoons peanut or canola oil
- 1 pound boneless chicken breast, cut into 1/8 inch thick slices
- 2 medium zucchini, quartered and cut into bite sized pieces
- 1 large Chinese eggplant, quartered and cut into bite sized pieces
- 4 green onions, cut into 1/2 inch pieces
- 2 cloves of garlic, minced
- 2.5 inch fresh ginger, minced
- 2 tablespoons green curry paste
- 2 cups chicken stock
- 1.5 cups coconut milk
- 2 tablespoons fish sauce
- 1 lime, juiced
- Jasmine rice, cooked
- 1/2 cup cilantro, lightly chopped
- 1/3 cup Thai basil, julienned
- 1 handful unsalted roasted peanuts, lightly crushed
- Green or red Jalapeno, sliced (optional)

**Directions:**

1. Start by cutting all ingredients in advance.
2. Place the diced eggplant into a colander. Generously sprinkle a small handful of sea salt over the diced eggplant and gently toss. Leave for 10 minutes and rinse off.
3. Heat the wok or pan over high heat until hot. Add 2 tablespoons of oil and heat until it starts shimmering. Add the chicken and stir fry 3-4 minutes until just cooked through. Remove and set aside.
4. Add the remaining oil to the pan and stir-fry the zucchini and eggplant for 4-5 minutes until golden brown.
5. Add the ginger, garlic, and green onion and stir-fry for a minute until fragrant. Add the curry paste and stir-fry for another minute.
6. Add the chicken stock, coconut milk, and fish sauce. Bring to a boil then reduce heat to medium low and simmer for 10 minutes.
7. Add the chicken back to the pan and simmer another 3 minutes.
8. Gently stir in the lime juice and let it simmer another minute. Season with salt and white pepper to taste.
9. Serve over jasmine rice and top with the cilantro, Thai basil, and crushed peanuts.

# **SIDE DISHES**



# ALOO

## Potatoes

### (India)



#### Ingredients:

4-5 medium sized potatoes

Whole coriander seeds 1 tsp

1 lemon

Salt/red pepper/ black pepper

Fresh cilantro

#### Directions:

- 1) Peel the potatoes and cut into small 1" cubes.
- 2) Add 1 Tlb oil to pan and let it warm. Add the coriander seeds, and then add the potatoes. Season with salt and pepper. Throw in chopped and cleaned cilantro.
- 3) Add water to cover the potatoes and let the water come to a boil. Turn the heat to low, cover the pan and let the potatoes cook. Beauty of this dish is that we want some of the potato pieces to over cook and become kind of mushy and some pieces to remain whole.
- 4) Potatoes will be done when the water disappears and a thickish gravy is left. Squeeze juice of half lemon and test. Can always add more lemon to suit your taste.
- 5) More water can be added if the potatoes are not done and you see that the dish has become too dry.

# IRISH SODA BREAD WITH RAISINS

## (Ireland)



### Ingredients:

Nonstick vegetable oil spray  
2 cups all purpose flour  
5 tablespoons sugar, divided  
1 1/2 teaspoons baking powder  
1 teaspoon salt  
3/4 teaspoon baking soda  
3 tablespoons butter, chilled, cut into cubes  
1 cup buttermilk  
2/3 cup raisins

### Directions

- 1) Preheat oven to 375°F. Spray 8-inch-diameter cake pan with nonstick spray. Whisk flour, 4 tablespoons sugar, baking powder, salt, and baking soda in large bowl to blend. Add butter. Using fingertips, rub in until coarse meal forms. Make well in center of flour mixture. Add buttermilk. Gradually stir dry ingredients into milk to blend. Mix in raisins.
- 2) Using floured hands, shape dough into ball. Transfer to prepared pan and flatten slightly (dough will not come to edges of pan). Sprinkle dough with remaining 1 tablespoon sugar.
- 3) Bake bread until brown and tester inserted into center comes out clean, about 40 minutes. Cool bread in pan 10 minutes. Transfer to rack. Serve warm or at room temperature.

# SPAETZLE

## (Germany)



### Ingredients:

1 cup all-purpose flour

$\frac{1}{4}$  cup milk

2 egg

$\frac{1}{2}$  tsp ground nutmeg

1 pinch white pepper, freshly ground

$\frac{1}{2}$  tsp salt

1 gal hot water

2 tbsp butter

2 tbsp fresh parsley, chopped

### Directions:

- 1) Mix together flour, salt, white pepper, and nutmeg. Beat eggs well, and add alternately with the milk to the dry ingredients. Mix until smooth.
- 2) Press dough through spaetzle maker, or a large holed sieve or metal grater.
- 3) Drop a few at a time into simmering liquid. Cook 5 to 8 minutes. Drain well.
- 4) *Saute cooked spaetzle in butter or margarine. Sprinkle chopped fresh parsley on top, and serve.*

# POUTINE

## (Canada)



### Ingredients:

- 1 quart vegetable oil for frying
- 1 (10.25 ounce) can beef gravy
- 5 medium potatoes, cut into fries
- 2 cups cheese curds

### Directions:

- 1) Heat oil in a deep fryer or deep heavy skillet to 365 degrees. While the oil is heating, you can begin to warm your gravy
- 2) Place the fries into the hot oil and cook until light brown, about 5 minutes. Make the fries in batches if necessary to allow them room to move a little in the oil. Remove to a paper towel lined plate to drain.
- 3) Place the fries on a serving platter, and sprinkle the cheese over them. Ladle gravy over the fries and cheese, and serve immediately.

# SPINACH/PUNEER

## (Pakistan)



### Ingredients:

2 small packets frozen spinach

2 tablespoons cream

1 packet puneer (cottage cheese found in all Indian Stores)

Tomato

Salt/red pepper

### Directions:

- 1) In a large frying pan add 1 Tbl oil and let it heat a bit....
- 2) Add one chopped tomato and salt and pepper and cook on medium heat until the tomato has softened.
- 3) Add the two packets of spinach, lower the heat and cover the pan and let the spinach cook.
- 4) In the meantime, in a small frying pan add very little oil and warm it. Add the puneer and brown it. Season with salt. Try not to use the spoon too much as it will break the puneer. Just shake the pan around. The puneer is ready once it turns brown and soft. Do not let it melt. Remove from heat.
- 5) Once the spinach is ready and seasoning has been checked add the puneer to the spinach. Mix the two together for a few minutes and take it off the stove. Ready to be eaten.

# DESSERTS

# BRIGADEIRO

## (Brazil)



### Ingredients:

1 teaspoon butter, plus more for greasing hands

One 14-ounce can condensed milk

2 tablespoons cocoa powder

Chocolate sprinkles

### Directions:

- 1) In a medium saucepan over medium-low heat, melt the butter. Add the condensed milk and cocoa powder. Cook the mixture until it thickens enough so you can clearly see the bottom of the pan when stirring, about 15 minutes. The consistency should be firm enough to stay together. Pour it directly into a dish and let cool to room temperature, about 15 minutes.
- 2) Lightly grease your hands with butter and roll about a teaspoon of brigadeiro between your palms to form 1 1/2-inch balls.
- 3) Roll them in your favorite chocolate sprinkles and place them into small paper cups.

# CREAMY CARAMEL FLAN

(Spain)



## Ingredients

3/4 cup sugar  
1 package (8 ounces) cream cheese, softened  
5 large eggs  
1 can (14 ounces) sweetened condensed milk  
1 can (12 ounces) evaporated milk  
1 teaspoon vanilla extract

## Directions

- 1) In a heavy saucepan, cook and stir sugar over medium-low heat until melted and golden, about 15 minutes. Quickly pour into an ungreased 2-qt. round baking or souffle dish, tilting to coat the bottom; let stand for 10 minutes.
- 2) In a bowl, beat the cream cheese until smooth. Beat in eggs, one at a time, until thoroughly combined. Add remaining ingredients; mix well. Pour over caramelized sugar.
- 3) Place the dish in a larger baking pan. Pour boiling water into larger pan to a depth of 1 in. Bake at 350° for 50-60 minutes or until center is just set (mixture will jiggle).
- 4) Remove dish from a larger pan to a wire rack; cool for 1 hour. Refrigerate overnight.
- 5) To unmold, run a knife around edges and invert onto a large rimmed serving platter. Cut into wedges or spoon onto dessert plates; spoon sauce over each serving. Yield: 8-10 servings.



# LECHE FRITA

## Fried Milk

### (Spain)



#### Ingredients:

3 1/2 tablespoons cornstarch

7 tablespoons all-purpose flour (3 1/2 tablespoons to coat the leche frita before frying)

1/2 cup sugar

1 quart whole milk

1 cinnamon stick

2 large eggs (room temperature)

1/4 cup olive oil

2 tablespoons butter

Garnish: ground cinnamon

**Directions:**

- 1) In a large bowl, whisk together the cornstarch, 3 1/2 tablespoons of the flour, and the sugar.
- 2) Add 1 cup of the milk and mix well with a whisk. Let stand until thickened, about 10 minutes.
- 3) Heat the rest of the milk with the cinnamon stick in a large saucepan over medium-low heat.
- 4) When the milk begins to bubble, strain it little by little into the sugar and flour mixture, stirring constantly.
- 5) Pour the sugar, flour and milk mixture back into the saucepan set over low heat, again stirring well for 10 minutes.
- 6) Lightly oil a 9x9-inch ovenproof glass baking dish with olive oil. Pour in the leche frita mixture to a depth of 3/4 inch.
- 7) Leave to cool in the fridge (overnight if you have time).
- 8) Run a knife around the edge of the leche frita to ensure it's not sticking and very quickly turn it out.
- 9) Cut it into 2 1/2-inch squares.
- 10) Beat the eggs.
- 11) Heat [olive oil in a frying pan](#) to a depth approaching 1/4 inch over medium heat.
- 12) Add the butter.
- 13) [Bread each of the squares](#) by dredging them in the remaining flour, dip in the beaten eggs and fry in the hot oil for approximately 1 minute on each side, until very lightly golden.
- 14) Sprinkle with ground cinnamon and serve immediately or allow to cool and serve at room temperature.

# FUDGE

## (USA)



### Ingredients:

3 cups semisweet chocolate chips  
1 (14 ounce) can sweetened condensed milk  
¼ cup butter  
1 cup chopped walnuts (optional)

### Directions:

#### Microwave:

- 1) Place chocolate chips, sweetened condensed milk, and butter or margarine in large microwaveable bowl
- 2) Zap in microwave on medium until chips are melted, about 3-5 minutes, stirring once or twice during cooking.  
Stir in nuts if desired.
- 3) Refrigerate until set.

#### Stovetop:

- 1) Place chocolate chips, sweetened condensed milk, and butter or margarine in a medium pot
- 2) Put stove on medium and continuously stir until everything is completely combined. Stir in nuts if desired
- 3) Pour into well-greased 8X8 inch glass baking dish.
- 4) Refrigerate until set.

# GORENG PISANG

## Fried bananas

### Thailand



#### Ingredients:

2 to 4 regular bananas (older ones work well), or 6 to 8 mini sweet bananas

1/4 cup all-purpose flour

1/2 cup rice flour (available in the baking aisle)

1/4 cup cornstarch

1/4 teaspoon salt

3 tablespoons dry shredded unsweetened coconut (baking type)

1/3 cup cold water

1/3 teaspoon baking soda

1 large egg

Few drops vanilla

3/4 cup sunflower oil, canola oil, or other oil for frying

Directions:

- 1) Place oil to a depth of 3/4 to one inch into a small skillet or wok and heat.
- 2) Meanwhile, prepare the bananas by peeling and slicing them in half. Then slice each section in half again, but lengthwise this time. (If using mini bananas, simply slice once lengthwise.)
- 3) In a medium mixing bowl, place all-purpose flour, 1/4 cup of rice flour, cornstarch, salt, and two tablespoons of the shredded coconut and stir to combine
- 4) In a measuring cup, mix together cold water with baking soda and pour into bowl with flour mixture. Add the egg and the vanilla. Stir well to create a smooth batter.
- 5) Place remaining 1/3 cup rice flour in a separate, dry bowl and add remaining one tablespoon shredded coconut. Mix well and set next to the batter.
- 6) Dip banana pieces first in the batter, then gently dredge them in the rice flour-coconut mixture. This last step helps firm up the batter and is the secret for creating a crisp (rather than soggy) coating. Your bananas are now ready for frying.
- 7) Make sure the oil is hot by testing with a breadcrumb. If it sizzles and cooks within a few seconds, the oil is hot enough for frying.
- 8) Carefully place coated bananas in the hot oil. Fry approximately one minute per side, or until batter puffs up slightly and turns light to medium golden-brown. Remove from heat and drain on paper towel.
- 9) Serve your fried bananas as soon as possible as is or with a side of coconut or vanilla ice cream on the side. For a fancier presentation, place them on a serving platter and sprinkle with confectioners' sugar.

# PIZELLE

(Italy)



## Ingredients:

3 large eggs

3/4 cup sugar

3/8 teaspoon salt

1 teaspoon vanilla

1 3/4 cups Unbleached All-Purpose Flour

2 teaspoons baking powder

1/2 cup (8 tablespoons) melted butter

## Directions:

1. Beat the eggs, sugar, salt, and vanilla until well combined.
2. Stir in the flour and baking powder, mixing until smooth.
3. Add the melted butter, again mixing until smooth; the batter will be thick and soft.
4. Heat your pizzelle iron. Grease it as directed in the manufacturer's instructions. As the iron heats, the batter will stiffen.
5. Cook the pizzelle according to the instructions that came with your iron. In general, they'll take between 45 seconds and 2 1/2 minutes to brown.
6. Remove the pizzelle from the iron, and cool on a rack. If desired, use a pair of scissors to trim any ragged edges.
7. Dust cooled pizzelle with confectioners' sugar, if desired

# TEMBLEQUE

## (Puerto Rico)



### Ingredients:

2 (14 ounce) cans coconut milk

$\frac{3}{4}$  cup sugar

$\frac{1}{4}$  teaspoon kosher salt

$\frac{1}{2}$  cup cornstarch

1 pinch ground cinnamon

### Directions:

- 1) Stir in coconut milk, sugar, and salt together in a saucepan. Spoon a few tablespoons of the coconut milk mixture into a small bowl and stir cornstarch into the mixture to dissolve; pour into the mixture in the saucepan. Bring the mixture to a boil while stirring constantly; cook until smooth and thick, about 5 minutes.
- 2) Pour the coconut milk mixture into molds, cover each with plastic wrap, and refrigerate until cold and firm, 3 hours to 2 days.
- 3) Run a thin knife around the edges of the mold and invert onto a plate to remove putting. Garnish top with cinnamon.

# VANILICE

(Serbia)



## Ingredients:

1 kg flour

500 g lard

200 ml yogurt

1 cup of sugar

3 packets of vanilla sugar

Confectioners' sugar

Plum or apricot jam

## Directions:

- 1) Use a mixer to mix in the lard with the sugar in a bowl, then add yoghurt. Gradually add flour and make smooth dough. Dust the workspace with flour and then spread the dough until it is 5 mm thick.
- 2) Using a small glass or a mould stamp out the cookies (round shape) and place them in a tray covered with baking sheets.
- 3) Preheat the oven to 150 degrees C and bake the vanilice for about 15 minutes. Make sure they don't turn too golden.
- 4) After they cool take one cookie at a time, spread it with jam and then top with another cookie round. Finally, roll each cookie in the vanilla sugar generously. Enjoy!





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